

### **EXAMPLES OF COMMUNITY POLICY AND ENVIRONMENTAL CHANGES**

- Change zoning and land use requirements to mandate sidewalks, trails, safe pedestrian and bicycle access to schools, shopping, parks, and recreation centers
- Fix poorly-maintained sidewalks
- Add lighting and signage to a walking trail
- Establish a community garden or farmer's market
- Improve safety at a local park
- Offer and identify healthy meal options at local restaurants
- Establish maternity care practices and policies that promote breast-feeding
- Promote guidelines for vending machine selections
- Provide options for healthy dishes at group meals
- Prohibit sale of "foods with minimal nutritional value" in public buildings
- Encourage schools to keep facilities and grounds open before and after school hours for public use, and offer after-school activity programs that are accessible and affordable for all students
- Promote governmental and nongovernmental organization policies that promote physical activity and healthy eating (e.g., at worksites, places of worship, at meetings, in health insurance coverage)